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**13.** A sports hydration system with a fluid receivable bladder and feed tube comprising:  
 a plurality of bladders;  
 tube branches leading from the bladders to a feed tube;  
 a tube branch controlling valve to a single feed tube;  
 said valve controlling passage of the fluid from said bladders to said feed tube between one bladder communicating to the feed tube, more than one bladder communicating to the feed tube, and all the bladders closed, said valve comprising one of:  
 a pinch valve with a rotating cam;  
 a dual flow valve having a rotating disc with internal conduits, or  
 a locking pinch valve having a pawl and rack for each feed tube;  
 a bite valve positioned downstream from the valve, said bite valve biteable by a user, permitting fluid flow.

**14.** The hydration system of claim **13** and:  
 said valve comprises a pawl and rack locking pinch valve;  
 said valve having a body with left and right pinch cam arms extending from a central rib, said rib having a slot;  
 a “Y” intersection being formed of a connector fitting in said slot formed and arranged so that first and second legs and of a conduit pass on either side of a cylindrical portion such that flow is controlled by selectively pinching one or both of tube branches, or neither of them;  
 each arm has a resilient web attaching said arm to said rib;  
 each arm further having a finger grip and an end opposite the respective webs;  
 said ends terminating in pawls.

**15.** The hydration system of claim **14** and:  
 cam surfaces located opposite said finger grips so that said cam surfaces face “Y” connector;  
 rack members located at the top portion of said body;  
 said rack members being fixed to said rib with resilient webs in a “T” shaped configuration.

**16.** The hydration system of claim **15** and:  
 said hydration system is a dual hydration system and said valve is symmetric about said rib such that said arms, racks, pawls and finger grips are independently operable opposed pairs.

**17.** A flow control system for fluids comprising  
 a fluid source and a fluid outflow conduit;  
 said source formed from a single pouch permanently divided to form two bladders, each bladder enabled to permit flow through a separate outlet;

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a tube branch formed between said source and said conduit;  
 said tube branch connecting at a valve;  
 said valve being controlled between positions of off and on;  
 a valve having a pair of pawl and rack locking mechanisms controlling flow between said source and said conduit.

**18.** The flow control system of claim **17** and:  
 said valve having a body with a pinch cam arm extending from a central rib, said rib having a slot;  
 an intersection being formed of a connector fitting in said slot formed and arranged so that a conduit passes a bearing portion such that flow is controlled by selectively pinching or releasing said tube branch;  
 said arm has a resilient web attaching said arm to said rib;  
 said arm further having a finger grip and an end opposite said web;  
 said end terminating in a pawl;  
 a cam surface located opposite said finger grip so that said cam surface faces said connector;  
 a rack member located at the top portion of said body;  
 said rack member being fixed to said rib with a resilient web in a “T” shaped configuration.

**19.** The flow control system of claim **18** and:  
 said system is adapted for inclusion in a dual sports hydration system;  
 said outflow conduit is a feed tube;  
 said valve is symmetric about said rib such that there is a plurality of said branch, arm, rack, pawl and finger grip in independently operable opposed arrays such that there is a first and second branch, first and second arm, first and second rack, first and second pawl and first and second finger grip;  
 first and second branches are joined at a “Y” intersection to the feed tube such that said valve indirectly controls flow by selectively pinching one or both of said first and second branches so that by pinching one branch and not the other, flow is controlled, and by pinching both branches, flow is completely cut off, and only the tube, and not the valve, directly contacts the fluid passing therethrough.

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